

My name is Thayna Bivins.

I have been practicing yoga for 6 years and received my Yoga Teacher Trainer Certificate in 2015. Since then I have started a Men's Only class called Yoga Joe, Ladies Gentle Yoga and Alignment based Hatha sessions for all genders, ages and abilities.

My journey to a healthier lifestyle started with yoga and has progressed into triathlon, strength and circuit training and using yoga as a balance between both worlds.

Through alignment, muscle stability and breath, my goal is to make your experience a safe and welcoming environment for both new and practiced yogis.

Namaste,

Thayna

807-355-0537

thaynabivins@hotmail.com

